the Our Father



After viewing Fr. Swink's meditation, deep dive deeper by meditating line-by-line on the Our Father. Ask the Holy Spirit for guidance and be aware of which part of the prayer touches you the most.

OUR FATHER:	
WHO ART IN HEAVEN:	
HALLOWED BE THY NAME:	



THY KINGDOM COME:
THY WILL BE DONE, ON EARTH AS IT IS IN HEAVEN:
GIVE US THIS DAY OUR DAILY (SUPERSUBSTANTIAL) BREAD:



AND FORGIVE US OUR TRESPASSES, AS WE FORGIVE THOSE WHO TRESPASS AGAINST US:
AND LEAD US NOT INTO TEMPTATION:
BUT DELIVER US FROM THE EVIL ONE:



WHICH LINE OF THE OUR FATHER TOUCHED YOU THE MOST, EITHER WITH PEACE AND CONSOLATION OR WITH DOUBTS, STRUGGLES, AND CONCERNS?

WHATEVER IT IS, OFFER IT TO THE FATHER.

